DINNER IN STYLE

DuPont™ Teflon® quality tested non-stick



- Starters
- Elegant Dinners
- Casual Suppers



Whether preparing a weekday supper or an elegant dinner, always try to make it special. A few extra minutes to put out a nice place setting – even when you are tired – makes everything taste better and will make you feel more pampered. Although the terms really are interchangeable, supper refers more to family meals at home that usually happen after school and work. Dinner is a word you use more often when inviting guests to your home. But if you want friends to know you aren't doing anything fancy, just say "Come over for supper tonight."

– Gail Greco



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Rita Calvert, food stylist
Jacques Smith, prep chef
Tom Bagley, photographer

Dinner in Style



Dinner has always been a time for families. However, finding a meal that everyone will enjoy, and having the time to prepare it, will always be a challenge. Now, DuPont and acclaimed chef and author Gail Greco have teamed up to develop a series of healthy, tasty, and easy to prepare recipes. Best of all, these recipes offer enough variety for you to find dishes that will appeal to everyone in your family.

Gail Greco – cook, food journalist, and editor of the "Carefree Cooking" section of the DuPont™ Teflon® web site – has created this series of recipes to help you prepare the perfect dinner for every occasion. Gail is the author of 16 books on cooking and entertaining, many of which were Book-of-the-Month Club selections. Plus, as a former executive food editor for the Discovery Channel, her *Country Inn Cooking* television show on PBS was honored with the James Beard Foundation award for Best TV Food Journalism.

DuPont invented non-stick coating for cookware and has been the leader ever since. DuPont™ Teflon® features patented multi-layer technologies to ensure superior performance and durability. The DuPont certification seal you'll find on all cookware coated with Teflon® non-stick coating means that it has met the toughest standards for quality and performance. That's why for over forty years, chefs and homeowners alike have enjoyed the benefits of cookware coated with DuPont™ Teflon® non-stick coating. The coatings have helped create healthier, better-tasting meals, with less time needed for cleaning up afterwards. Because you have better things to do, like saving time for the things that matter most.

We hope you'll enjoy these carefree cooking recipes.
Please share them with your family and friends.

Apricot-Cheese Appetizer in a Melting Pot



Servings: 6

Fondue is always a fun way to start a meal. It brings everyone together around a melting pot in a celebratory manner. The wine and brandy do not burn off, so if you prefer a substitute, we recommend using apple juice for the wine and apricot nectar in place of the apricot brandy. If you don't have a fondue pot, cook the mixture in a medium saucepan coated with DuPont™ Teflon® non-stick coating and transfer to a warming dish.

- 1 cup (8 ounces) shredded Jarlsberg cheese
- 1 cup shredded Gruyere or Emmenthaler cheese
- 1 tablespoon all-purpose flour
- 1 cup dry white wine, or more for thinning
- 1 large garlic clove, minced
- 2 tablespoons apricot brandy, or more for thinning
- 1/4 teaspoon salt
- 1/8 teaspoon nutmeg
- 1 twist of milled black pepper
- Assorted raw vegetables such as asparagus, cauliflower, grape tomatoes, baby carrots, and broccoli, cut into bite-sized pieces
- Cubes of crusty bread

In a medium-sized bowl, toss the cheeses with the flour; set aside.

In a fondue pot coated with DuPont™ Teflon® non-stick coating, heat the wine with the garlic until bubbles just begin to form and rise to the surface.

Add 1/2 cup of the cheese, stirring constantly until melted. Repeat until all of the cheese has been added and is melted. Stir in the brandy, salt, nutmeg, and black pepper.

If the mixture thickens too much, add a small amount of wine or apple juice and stir well. To serve, dip the vegetables and bread into the cheese mixture at your own pace.

The cheese mixture should not get hotter than 118°F, or it will begin to curdle. You can test the temperature by carefully tasting it. The temperature of the cheese ought to be just a little warmer than your lips.

Smoked Salmon Cheesecake



Servings: 12

The method for this savory recipe is similar to that of a sweet cheesecake, but a lot simpler. It makes a flavorful and impressive appetizer that is a great prelude to almost any dinner.

- 1-1/4 cups water crackers, crushed
- 7 tablespoons butter, melted
- 1 pound smoked salmon, cut into thin strips
- 1/3 cup yellow bell pepper, minced
- 1/3 cup red bell pepper, minced
- 1/2 cup onion minced
- 1 teaspoon garlic, minced
- 1 pound cream cheese, room temperature
- 1/2 cup mayonnaise
- 4 large eggs
- 1/3 cup milk
- 5 ounces Gruyere cheese, grated
- 1/4 cup fresh dill, chopped

Combine the cracker crumbs and 4 tablespoons of the butter. Press the mixture onto the bottom of a 9-inch springform pan coated with DuPont™ Teflon® non-stick coating, and reserve.

In a pan coated with DuPont™ Teflon® non-stick coating, sauté the salmon, peppers, onions and garlic in the remaining butter for 4 minutes and reserve.

Preheat the oven to 300 degrees. Combine the cream cheese and mayonnaise, and beat until fluffy. Add the eggs one at a time and beat well. Gradually add the milk; stir until well blended. Stir in the cheese, dill, and reserved salmon mixture, and pour into the reserved crust.

Bake for 1-1/2 hours or until the mixture is set. Turn off the heat and allow the cake to cool in the oven for 1 hour. Refrigerate overnight. Cut into pie wedges and serve chilled.

Carrot Soup with Basil Pesto



Servings: 4

In this light and easy vegetable soup, buttermilk replaces other creams that would be higher in calories. You can make your own pesto. But in the interest of time, you might want to choose one of the many good varieties of store-bought basil pesto.

- 1/2 cup chopped yellow onion
- 1 tablespoon butter
- 1 cup peeled and diced carrots
- 1 clove garlic, crushed
- 1/4 teaspoon dried sage
- 3 cups chicken broth
- 1 cup peeled, cubed Yukon Gold potatoes
- 1 small bay leaf
- 2 tablespoons buttermilk
- White pepper
- 4 tablespoons basil pesto

In a large saucepan coated with DuPont™ Teflon® non-stick coating, cook the onion in the butter over medium heat for about 2 minutes, or just until transparent.

Add the carrots, garlic, and sage. Cook about 10 minutes or until tender but not brown. Add the broth, potatoes, and bay leaf and bring to a boil. Reduce the heat to medium-low and cook for 15 minutes or until the vegetables are tender. Remove the bay leaf. Season with white pepper.

Transfer about half of the mixture to a blender and process a few seconds until smooth. Add the remaining soup and process again. Return the soup to the saucepan and stir in the buttermilk. Heat through and spoon into soup bowls. Top each bowl with a tablespoon of pesto, and pull the pesto through the soup with a wooden skewer or fork.

Cream Pea Soup with Rice and Mint



Servings: 6 to 8

This delicious soup rounds out with a creamy base, so serve a bowl if using as a pre-dinner course. For a meal in itself, serve in a bowl and add salad and a ham panini.

- 3 quarts water
- 1 pound dried split peas
- 2 small onions
- 2 cloves garlic, chopped
- 5 medium carrots, diced
- 4 ribs celery, trimmed and diced
- 1/4 cup chopped Italian parsley
- 1/2 stick unsalted butter
- 1/2 cup brown rice
- 1 teaspoon dried mint or 3 tablespoons fresh chopped mint
- 1 (10-ounce) box frozen green peas
- 1 cup heavy cream
- 4 cups whole milk
- Salt and pepper

Bring the water to a boil in a large soup pot coated with DuPont™ Teflon® non-stick coating. Add the peas, onions, garlic, carrots, celery, parsley, butter, rice, and mint.

Lower the heat to medium-low and cook uncovered, stirring frequently for 1 hour and 15 minutes, until the rice is cooked and the soup is thick, stirring occasionally. Add the frozen peas and continue cooking another 10 minutes; stir in the cream and milk; and season with salt and pepper to taste. Cook, stirring constantly, until heated through. Garnish with mint sprigs, if desired.

Remember that any of the casual suppers or elegant dinners in this collection of recipes may be served with a variety of breads.

Warm Spinach and Watercress Salad



Servings: 4 to 6

Buying pre-trimmed fresh pineapple makes preparation easier. If you do buy a whole pineapple, remove the top and bottom, and cut lengthwise into quarters. Trim away the core, then the skin, and remove any brown spots.

Dressing

- 1 tablespoon walnut oil
- 1 tablespoon white balsamic vinegar
- 1 tablespoon frozen orange juice concentrate
- 2 teaspoons honey

Salad

- 4 cups fresh baby spinach or torn spinach
- 2 cups watercress with stems
- 2 cups fresh cut pineapple cubes
- 1/2 small red onion, thinly sliced
- 1/2 cup toasted walnuts, cut into pieces
- 2 teaspoons minced flat-leaf parsley

In a small bowl, whisk together the dressing ingredients, and pour into in a small saucepan coated with DuPont™ Teflon® non-stick coating. Warm the dressing over low heat.

Toss the spinach and watercress in a salad bowl. Evenly divide the pineapple cubes into the bottom of 6 individual salad dishes. Add the greens and top with the onions and walnuts; sprinkle with the parsley. Pour the warm vinaigrette dressing over each salad and serve right away.



Focaccia Nut-and-Cheese Bread



Servings: 1-pound loaf

Slice the focaccia any way you want. If serving with a salad, a manageable size would be 1- x 3-inch rectangles. If using as a sandwich bread, cut into a bread-loaf size. If serving with cheese or dippers, small squares would work well. Also, the cheese may be substituted according to how you are serving the bread. Anything from a cheddar to a goat cheese would make for a satisfying bread.

- Fresh bread dough for 1 pound bread
- 6 ounces Taleggio cheese (or Brie)
- 1/4 cup coarsely chopped walnuts
- 1/4 cup coarsely chopped hazelnuts
- Dried sage

Heat the oven to 400 degrees.

Flatten the bread dough into a 12-inch circle on a floured surface.

Fold the edge around the circle to form a 1/2-inch rim. Transfer to a baking sheet coated with DuPont™ Teflon® non-stick coating and prick several times with a fork. Cut the cheese into 1/2-inch pieces and arrange on top of the dough. Top with a mix of the coarsely chopped walnuts and hazelnuts. Sprinkle dried sage all around the loaf and bake 15 to 20 minutes or until the cheese is melted and the crust is golden brown. Let the dish cool for a few minutes before slicing.

Lovely cruets make handy salad dressing vessels that go from fridge to table. Look for them everywhere from antiques shops to kitchen and household goods stores. The best part is you can make dressings fresh and have them ready for unexpected company or mid-week convenience.

Wild Rice and Chanterelle Salad with Dried Fruit, Goat Cheese, and Walnuts



Servings: 6

Serve this salad for a special dinner when guests need time to digest between courses. This dish uses the popular flavors of fruits, mushrooms, and walnuts. Chanterelles can be found in most gourmet supermarkets or in other markets in dried form. If these mushrooms are not available, portobello mushrooms serve as a great substitute.

Rice
- 8 cups water
- 2 cups wild rice
- 2 teaspoons salt, plus more to taste
- 1 bay leaf
- 12 sprigs thyme
- 4 teaspoons grapeseed or canola oil
- 2 pounds chanterelle mushrooms, wiped clean and chopped

Vinaigrette
- 1/2 cup olive oil
- 6 tablespoons balsamic vinegar
- 4 large shallots, thinly sliced
- 2 teaspoons fennel seeds, toasted and cracked
- 2 teaspoons cumin seeds, toasted and cracked
- 1 teaspoon coarsely chopped fresh thyme leaves
- 1/2 teaspoon ground black pepper
- 1 cup mixed dried fruits, such as cherries, cranberries, chopped figs, or chopped apricots.

Assembly
- 1 cup chopped walnuts
- 1 pound stemmed arugula or watercress
- 8 ounces fresh white goat cheese, crumbled (about 1 cup)

To prepare the rice, wash it under cold water for 2 minutes. Bring the water to a boil in a medium saucepan coated with DuPont™ Teflon® non-stick coating and add the salt, bay leaf, and thyme. Add the washed rice to the boiling water and simmer for 40 minutes, or until tender. Drain the rice and remove the bay leaf and thyme; let cool. (The rice can be cooked 1 day ahead of time and refrigerated.)

In a large skillet coated with DuPont™ Teflon® non-stick coating, heat the oil over medium. Add the mushrooms and cook, stirring occasionally, for 5 or 6 minutes or until lightly browned. Remove from the heat, drain well, and set aside.

To make the vinaigrette: In a small bowl, whisk together the olive oil, vinegar, shallots, fennel, cumin, thyme, and pepper; season with salt. Add the dried fruits.

In a salad bowl, combine the cooled wild rice, cooked mushrooms, and walnuts. Toss with the vinaigrette and fruits. To serve, portion the salad onto a large platter, with greens, and sprinkle with the goat cheese.

Sun-Drenched Tomato Sauce with Spaghetti



Servings: 6

Many fresh tomato sauce recipes call for peeling the tomatoes before cooking. To keep this recipe even simpler, we don't call for peeling the tomatoes. We didn't find the peels in the sauce noticeable. However, if you prefer no peels: score an X in the top of each tomato, then dip the tomatoes into a pan of boiling water for about 15 seconds. Remove the skin by curling it back with a paring knife. To complete this recipe, have your choice of spaghetti-style pasta (from angel hair or linguine to fettuccine) cooking while the tomato sauce is prepared.

- 2 tablespoons olive oil
- 1/2 cup finely chopped yellow onion
- 4 large cloves garlic, finely chopped
- 8 cups seeded and coarsely chopped ripe plum tomatoes (Drain through a fine sieve if tomatoes are very juicy, and reserve juice to thin the sauce, if desired.)
- 1/2 teaspoon salt
- 1/2 teaspoon sugar
- 1/2 cup snipped fresh sweet basil
- 1 tablespoon snipped fresh oregano leaves, or more to taste
- 1 tablespoon ground fresh rosemary leaves, or more to taste

In a medium saucepan coated with DuPont™ Teflon® non-stick coating, heat the oil. Add the onion and garlic, and sauté over medium heat until tender but not browned. Stir in 4 cups of the tomatoes and add the salt and sugar, stirring gently. Stir in the remaining tomatoes, basil, oregano, and rosemary, and cook just enough to heat through. Serve over your choice of pasta.

When having company over, always set the table a day ahead of time. This way, you can enjoy the entertaining experience and not give it short shrift on the day you actually need to prepare the guests' dinner.

Rosemary Chicken with Orange Pan Sauce



Servings: 2

The smoky flavor of rosemary with the less-assertive tingle of orange juice gives the chicken breast a gourmet essence. Serve this on top of a bed of orzo pasta and add sprigs of rosemary and slices of orange for garnish.

- 2 medium boneless, skinless chicken breasts
- 1/2 cup orange juice
- 1 tablespoon Dijon-style mustard
- 1 teaspoon minced fresh rosemary leaves
- 1 tablespoon chilled butter

Using the flat side of a heavy meat mallet, pound each chicken half between 2 pieces of waxed paper, just a little, to help flatten and allow the breast to cook evenly. Season both sides of the breasts with salt and pepper, and then dredge lightly in all-purpose flour, just to coat.

Heat the oil in a medium skillet coated with DuPont™ Teflon® non-stick coating and cook on both sides until golden brown about 8 minutes per side over medium heat. Remove the breasts from the pan and keep them warm.

Prepare a sauce in the same hot skillet where you cooked the chicken, leaving any juices or chicken particles in the skillet. Pour the orange juice into the hot skillet. Add the mustard and rosemary, and bring to a gentle boil over medium heat until the liquid is reduced to about 1/2 cup. Carefully tilt the skillet so that the liquid collects to one side of the pan. Stir in the butter until the sauce is smooth and glossy. Remove from the heat and spoon a little sauce over each chicken breast.

Be creative with interesting serving ideas, such as edible flowers and fresh raspberries in a brandy snifter.

Fancy-But-Quick Company Pot Roast



Servings: 4

All it takes is one pan and some easy preparation for this stew-like dinner to take off and cook on its own. The hint of cinnamon adds color, flavor, and that special touch that moves it from everyday pot roast to special-guest status. The vegetables are seasoned with herbs and cooked just until tender. For a complete meal serve with some of the Focaccia Nut-and-Cheese Bread.

- 2 pounds beef round steak, cubed
- Salt and freshly milled pepper
- 1-1/2 tablespoons olive oil
- 1 cup all-purpose flour
- 3-1/2 cups beef broth, or more
- 1-1/2 cups stewed tomatoes
- 4 garlic cloves, coarsely chopped
- 1/2 cup raisins
- 2 tablespoons dark brown sugar
- 1-1/2 tablespoons cinnamon
- 1/2 teaspoon marjoram
- 1/2 teaspoon dried basil
- 1/2 teaspoon fresh thyme
- 4 medium carrots, peeled and cut into 1-inch pieces
- 3 ribs celery, cut into 1-inch pieces
- 4 small turnips (1-1/2 pounds), peeled and cut into quarters
- 8 (3-inch) red potatoes, scrubbed and cut in half
- 1 teaspoon fennel seeds

Season the meat with salt and pepper. In a large frying pan coated with DuPont™ Teflon® non-stick coating, heat the olive oil. Lightly coat the meat with flour and cook in the hot oil until browned on both sides. Stir in the broth, stewed tomatoes, garlic, raisins, brown sugar, cinnamon, marjoram, basil, and thyme. Cover the pan. Reduce the heat to low, and simmer for 1-1/2 hours, stirring occasionally.

Add the carrots, celery, turnips, and red potatoes. Add more broth, if needed, to almost cover the meat and vegetables. Cover the pan and cook on medium-low about 20 minutes or until cooked tender. Season with fennel seeds and salt and pepper about 5 minutes before finishing time. Remove from the heat and let stand for a few minutes before serving.

Lamb and Olive Casserole with Orzo



Servings: 8

Lamb always makes a terrific elegant dinner. And cooking it with an olive sauce brings it up another notch. After roasting the lamb, you will cut it into bite-sized pieces and serve it under a tomato sauce speckled with olives and pasta.

Lamb

- 3-1/2 pounds boneless shoulder or leg of lamb, trimmed of all fat and cut into 1-inch cubes
- Salt and freshly milled black pepper
- 2 tablespoons olive oil

Orzo

- 3 to 4 cups chicken stock or broth
- 1 pound orzo pasta

Sauce

- 4 large cloves garlic
- 1 large onion, finely chopped
- 4-1/2 cups chopped fresh plum tomatoes or canned tomatoes with juice
- 3/4 cup mixed pitted kalamata and green olives, coarsely chopped
- 1 teaspoon sugar
- 1/2 teaspoon salt
- 2 cinnamon sticks
- 1 cup grated hard goat cheese or Parmesan

Preheat the oven to 350 degrees. Sprinkle salt and pepper over the lamb cubes. In a heavy Dutch oven coated with DuPont™ Teflon® non-stick coating, heat 1 tablespoon of the olive oil over medium heat. When hot, add the lamb cubes in batches (do not crowd), and sear on all sides. Remove to a casserole serving dish; set aside.

Meanwhile, cook the orzo and the tomato sauce. In a medium-sized saucepan, bring the chicken broth to a boil and cook the orzo until al dente. Remove from the heat and drain off most of the stock; set aside.

Heat the other tablespoon of olive oil in a large skillet coated with DuPont™ Teflon® non-stick coating. Mince the garlic and sauté it with the onion until soft. Add the tomatoes, olives, sugar, salt, and cinnamon sticks. Cook for 5 minutes on high to reach a boiling point (15 minutes if using canned tomatoes). Set aside. Pour the tomato sauce and the orzo into the casserole, stirring to mix with the cooking juices. Remove the cinnamon sticks. Sprinkle with more of the olives. Place in the oven and bake 30 minutes or until heated through. Serve immediately, sprinkled with the cheese.

Rosemary-and-Honey-Marinated London Broil



Servings: 4

Cooking preferences vary, but steak seems to taste best when it is done medium-rare. Remember to set time aside for marinating the steak before cooking and serving time.

Marinade

- 1/4 cup soy sauce
- 3 tablespoons honey
- 2 tablespoons apple cider vinegar
- 1/4 cup fresh lemon juice
- 1 teaspoon garlic powder
- 1 teaspoon freshly ground ginger
- 1 tablespoon ground rosemary leaves
- 1/2 teaspoon dry mustard
- 1/4 cup vegetable oil
- 1 finely chopped green onion

Steak

- 2 pounds London broil steak
- Salt and freshly milled pepper

Mix together all of the ingredients for the marinade. Score the meat crosswise. Place the steak in a shallow bowl and season with salt and pepper. Coat with the marinade on both sides and place in the refrigerator for 8 hours.

In a large Dutch oven coated with DuPont™ Teflon® non-stick coating, sear the steak on both sides and then transfer to an outdoor grill. (We suggest the Grill 2 Go by Thermos, which is coated with DuPont™ Teflon® non-stick coating.) Grill, basting with the marinade. Cook about 5 to 6 minutes per side and then test for desired doneness by cutting in the middle. When the steak is finished, cut it on the diagonal into 1/2-inch-thick pieces and serve.

Broccoli Timbales with Savory Lemon Cream



Servings: 6 (2 per person)

Baked in small muffin tins, these little vegetable cups can be made ahead of time and just reheated in foil in the oven when ready to serve.

Timbales

- 10 ounces frozen chopped broccoli, thawed and drained
- 2 eggs, beaten
- 2 tablespoons finely chopped onion
- 2 tablespoons milk
- 2 tablespoons butter, melted
- 1/4 teaspoon freshly milled pepper

Cream

- 4 shallots, minced
- 2 cups heavy cream
- 2 tablespoons fresh thyme, chopped (or frsh lemon thyme)
- 2 tablespoons grated lemon zest
- 1/2 cup lemon juice
- Salt and pepper

Preheat the oven to 350 degrees. In a medium bowl, combine all of the broccoli timbale ingredients. Spoon the batter evenly into a 12-mini-cup muffin tin coated with DuPont™ Teflon® non-stick coating. Set the muffin tin into a larger baking pan with sides, and fill halfway up with water for a water bath. Bake the timbales for 35 minutes or until set. Remove from the larger pan and let cool before loosening the edges and turning them out of the pan.

While the timbales bake, make the lemon cream. In a small skillet coated with DuPont™ Teflon® non-stick coating, sauté the shallots dry until lightly browned. Add the cream and cook over medium heat, stirring frequently and adding the thyme and lemon zest. Cook until thickened, about 4 minutes. Stir in the lemon juice and cook for 4 to 6 minutes more. Season with salt and pepper. Serve with the broccoli timbales.

Woks are wonderful to have in your collection of everyday cookware. Add one coated with DuPont™ Teflon® non-stick coating, and then the ease of cooking and cleaning doubles!

Maple Pumpkin Crème Brûlée



Servings: 8

Move over, pumpkin pie. Instead, serve a crustless, light, and spicy custard with a warm and homey but elegant flavor. You can add a dollop of whipped cream or a scoop of vanilla bean ice cream.

- 3 cups heavy cream
- 1/2 cup sugar
- 6 large egg yolks
- 2/3 cup unsweetened pumpkin puree
- 1/4 teaspoon each: cinnamon, ginger, nutmeg, ground cloves
- 1 tablespoon maple syrup
- 1 teaspoon pure vanilla extract
- 3 tablespoons packed light brown sugar

Preheat the oven to 325 degrees.

In a large saucepan coated with DuPont™ Teflon® non-stick coating, combine the cream and sugar over medium heat and cook until the sugar dissolves. Remove from the heat.

In a bowl, whisk the egg yolks until light and fluffy. Gradually whisk in the pumpkin, cinnamon, ginger, nutmeg, and cloves. Stir in the maple strup and vanilla extract. Whisking constantly, slowly add the hot cream mixture into a 1-1/2-quart casserole dish. Place the dish in a large ovenproof roasting pan with deep sides. Add enough hot tap water to reach halfway up the sides of the pan.

Bake until the custard is set and slightly wobbly in the center, about 30 minutes. Remove the dish from the water bath and transfer to a rack to cool. Cover and refrigerate for 6 hours or overnight.

About 15 minutes before you are ready to serve the crème brûlée, prepare the topping. Preheat the broiler. Sprinkle the brown sugar evenly over the surface of the custard, preferably sifting it through a sieve or strainer. Watching it carefully, broil for 2 to 3 minutes or until the sugar melts and browns. Serve immediately.

One-Pan Pasta



Servings: 4

From the boiling to the sautéing and the combining of various ingredients, this turns out to be a most satisfying experience for that time midweek when you could use a lift. Feel free to substitute some of the ingredients and make up your own version.

- 3 quarts water
- 8 ounces pasta, such as fettuccine or egg noodles
- 1 teaspoon olive oil
- 1/4 cup chopped green onion
- 1 clove garlic, minced
- 1-1/2 cups (12-ounce can) evaporated skim milk
- 1/2 cup chopped baked ham
- 1/2 cup green peas
- 1/2 cup grated Parmesan cheese
- 1/2 teaspoon dried basil or 1 tablespoon fresh minced basil
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 cup diced fresh plum tomatoes

Bring water to a boil in a large saucepan coated with DuPont™ Teflon® non-stick coating. Add the pasta and cook 7 minutes or until just done.

Drain the pasta and set aside in a colander. In the same saucepan, heat the olive oil over medium heat and sauté the onion and garlic until soft, about 2 minutes. Return the pasta to the saucepan. Stir.

Add the milk, ham, peas, cheese, basil, salt, and pepper. Place over medium heat and cook 7 to 8 minutes or until thickened and bubbly. Stir in the tomato and serve at once.

Mac'n Cheese Teriyaki



Servings: 8

Perhaps macaroni and cheese makes the quintessential casual-night supper dish – everyone's hands-down favorite. This one bursts with flavor and looks more inviting than ever. Gemelli is the size of penne, but its two strands of pasta are twisted together to form a nice space to hold the creamy cheese sauce.



- 3/4 pound gemelli pasta
- 1/3 cup bread crumbs
- 1 tablespoon butter, melted
- 3 teaspoons olive oil
- 3 cups milk
- 1/4 cup all-purpose flour
- 1 teaspoon dry mustard
- 2 tablespoons prepared teriyaki sauce
- 1 medium onion, minced
- 1 cup ricotta cheese
- 2 cups grated light Jarlsberg cheese
- 1 teaspoon salt
- 1 teaspoon milled black pepper
- 2 teaspoons finely chopped dried thyme, plus more for garnish

Preheat the oven to 375 degrees. Cook the pasta in boiling water for 8 minutes or until al dente. Drain and rinse under cold water; set aside.

Mix the bread crumbs with the butter and 2 teaspoons of the olive oil, until just moistened. In a small bowl, whisk 1/2 cup of the milk with the flour, mustard, and teriyaki sauce.

In a medium saucepan coated with DuPont™ Teflon® non-stick coating, heat the remaining oil and sauté the onion over medium heat, until softened. Add the remaining milk to the pan and bring to a boil; lower to a simmer, whisking in the milk-and-flour mixture until the sauce is thickened, about 6 to 8 minutes.

Remove from the heat and whisk in the ricotta cheese, Jarlsberg, thyme, salt, and pepper. Stir in the cooked pasta and transfer to a 9- x 13-inch baking dish coated with DuPont™ Teflon® non-stick coating. Sprinkle with the bread crumbs. Bake for 30 minutes or until heated through and just starting to bubble.

Everyday Filet Mignon with Provençal Sauce



Servings: 4

Pamper yourself during the week with a nice cut of meat. Adding butter to the sauce makes it glossy; do not pass this up. The cooking time may vary according to the thickness of the filet mignon and desired doneness.

Steak

- 2 tablespoons olive oil
- 4 (6- to 8-ounce) filet mignon steaks
- Salt and milled black pepper to taste

Sauce

- 1/4 cup chicken broth
- 1/4 cup white wine
- 4 canned or 6 fresh ripe tomatoes, coarsely chopped
- 1 tablespoon butter
- 1 tablespoon mixture fo basil, rosemary, lemon thyme

Brush the olive oil on both sides of the steaks. Season the steaks with salt and pepper. Set a heavy-duty, 10- to 12-inch skillet coated with DuPont™ Teflon® non-stick coating, sear the steaks for about 4 minutes per side. Lower the heat and cook another 2 to 3 minutes per side until evenly browned and cooked to desired doneness. Remove from the heat and keep warm.

Add the broth, wine, tomatoes, and herbs to the skillet, and boil until the liquid is reduced to about 1/3 cup. Tilt the skillet and add the butter, incorporating with a wooden spoon until the sauce is smooth. Spoon over the steaks and serve.

Pan-Seared Scallops in an Orange-Pecan Sauce



Servings: 4

For one of those nights when you are a bit too tired to cook but promised the family something special, this dish makes a big impact for little effort. Nice served with a green vegetable, and potatoes, pasta, or couscous.

- 1 teaspoon orange zest
- 1/2 cup fresh-squeezed orange juice (about 2 small oranges)
- 1 tablespoon minced shallots
- 2 tablespoons olive oil
- 1 tablespoon honey
- 1 tablespoon Dijon-style mustard
- 1 garlic clove, minced
- 1-1/2 pounds large sea scallops
- 1 tablespoon minced chives
- 2 tablespoons coarsely chopped pecans, plus whole pecans for garnish

Combine the orange zest, orange juice, shallots, 1 tablespoon of the olive oil, honey, mustard, and garlic in a small bowl. Pour half of the mixture into a large bowl and place the scallops into the mixture, stirring to coat. Set aside to marinate for 15 minutes.

Drain the scallops and discard the marinade. Press the chives onto one side of each scallop. Heat a large skillet coated with DuPont™ Teflon® non-stick coating with the remaining olive oil over medium heat. Place the scallops, chives-side down in the skillet; cook about 2 minutes per side. Remove from the pan and set aside. Add the remaining orange juice mixture and the pecans to the skillet; bring to a boil and cook 2 minutes, just to heat through. Divide the scallops and sauce among 4 dinner plates and sprinkle each with pecans for garnish.

Curried Chicken Bites



Servings: 4

The chutney in this sauce adds body and flavor. You can find prepared chutney in the gourmet section of the supermarket, and this dish is simple, quick, and fresh. Prepare flavorful basmati rice and a salad, and you have a complete supper.

- 2 large chicken breasts, skinless and boneless
- 1 tablespoon olive oil
- 1 large garlic clove, finely chopped
- 1/2 cup low-salt chicken broth
- 2 tablespoons rice wine vinegar
- 1 teaspoon curry powder
- 2 tablespoons prepared chutney of your choice
- 2 tablespoons raisins
- 1 tablespoon chilled butter
- salt and pepper

Using the flat side of a heavy meat mallet, pound each chicken breast between 2 pieces of waxed paper, just a little, to help flatten and allow them to cook evenly. Season both sides of the breasts with salt and pepper, and then dredge lightly in all-purpose flour, just to coat.

Heat the oil in a medium skillet coated with DuPont™ Teflon® non-stick coating and cook the chicken on both sides, for 8 minutes each, over medium until golden brown. Remove the breasts from the pan and keep them warm.

Prepare the sauce in the same hot skillet in which you cooked the chicken, leaving any juices or chicken particles in the skillet. Sauté the garlic in the pan drippings over medium heat. Then, add the chicken broth, vinegar, curry, chutney, and raisins. Cook until the liquid is reduced to 1/2 cup, and then whisk in the butter until the sauce is smooth. Cut the chicken into 1-inch pieces. Drizzle the sauce over the top and serve.

Toasted Sweet Potato and Turkey Polenta



Servings: 4

This polenta is mixed with mashed sweet potatoes and then baked to form a firm polenta that you may use with any dish. We added cooked turkey for a complete meal, but you can take the recipe only through the baking of the polenta and then serve it as desired.

- 1 tablespoon olive oil, plus more for toasting
- 3 garlic cloves, minced
- 6 cups chicken stock or broth
- 1-1/2 cups milk
- 2 cups yellow cornmeal
- 2 cups cooked, mashed (with a fork) sweet potatoes
- 1/8 teaspoon nutmeg
- Salt and freshly milled pepper
- Parmesan cheese
- 2 cups diced cooked turkey breast
- 1 cup cooked green peas
- 1/2 cup chopped toasted pecans
- Turkey gravy, if desired

In a 4-quart pot coated with DuPont™ Teflon® non-stick coating, heat 1 tablespoon of olive oil and sauté the garlic until translucent. Add the chicken stock and the milk. Slowly whisk in the cornmeal. Cover the pot and cook over low heat, stirring every other minute for 30 minutes or until thick and smooth. Stir in the sweet potatoes, nutmeg, and a seasoning of salt and pepper to taste.

Spread the hot mixture onto a 12- x 16-inch cookie sheet coated with DuPont™ Teflon® non-stick coating. Cover the polenta with parchment paper, running your hands over the paper to even out the top of the polenta. Cool slightly and then refrigerate for at least 2 hours.

When cooled, cut into desired shapes. Transfer cut polenta to another non-stick cookie sheet. Brush lightly with olive oil. Bake in a 375- degree oven for 15 to 18 minutes or until the polenta is a little crusty.

Meanwhile, warm the cooked turkey chunks and peas. When the polenta is ready, place on individual serving plates and add the turkey, peas, and pecans. Serve with turkey gravy, if desired.

Beet and Feta Side Dish



Servings: 6

Tumbled with a host of delicious ingredients, this beet salad looks great and is loaded with vitamins.



- 1 pound beets
- 4 cups chicken broth
- 1-1/2 cups wheat berries
- 2 cups baby spinach
- 1/4 cup walnuts, toasted
- 4 ounces crumbled feta cheese
- 1/4 cup balsamic vinegar
- 2 tablespoons walnut oil
- 2 tablespoons fennel seeds
- 2 garlic cloves, minced

Leave the root and a 1-inch stem on the beets. Scrub them with a soft brush and water.

In a medium saucepan coated with DuPont™ Teflon® non-stick coating, cook the beets in enough water to cover, bringing them to a boil and then simmering for 35 minutes or until fork-tender. Drain and rinse in cold water. Trim off the roots and rub off the skins with gloved hands. Cut the beets into 1/4-inch wedges.

In a large saucepan coated with DuPont™ Teflon® non-stick coating, bring the broth to a boil. Add the wheat berries and simmer about 40 minutes; cool.

Combine the spinach, walnuts, and cheese in a large bowl. Whisk the vinegar, walnut oil, fennel seeds, and garlic in a small bowl. Pour the mixture over the wheat berries, tossing to coat. Top with the beets.

Green Beans with Mango Sauce



Servings: 4

You will have extra mango sauce that can be covered and refrigerated for use over chicken, fish, or summer vegetables such as sliced zucchini.

- 2 tablespoons canola oil
- 1/2 cup coarsely chopped onion
- 2 cups chopped pimentos or roasted peppers
- 2 cups fresh mango, peeled and chopped into a small dice
- 1/4 cup packed brown sugar
- 2 tablespoons rice vinegar
- 1/2 teaspoon crushed red pepper flakes
- 1/4 teaspoon salt
- 2 tablespoons finely chopped green onion
- 1 pound green beans, ends trimmed
- 2 tablespoons melted butter
- 1 tablespoon toasted sesame seeds

In a large skillet coated with DuPont™ Teflon® non-stick coating, heat the oil over medium and cook the onion until just tender or until the mixture thickens.

Stir in the peppers, mango, brown sugar, vinegar, pepper flakes, and salt. Bring the mixture to a boil. Reduce the heat to simmer, cooking about 10 minutes or until the mango is tender. Cool slightly. Transfer to a processor and process until smooth but still chunky. Stir in the green onion and set aside.

Steam the green beans for about 8 minutes, or until crisp seeds tender. Serve with the mango sauce. Sprinkle with the sesame.

When serving appetizers, little plates are terrific.

Wine-and-Fruit-Poached Pears with Brazil Nuts



Servings: 6

This classic dessert of warmed pears with the hearty flavor of red wine is a soothing end-of-the-meal choice.

- 1-1/2 cups water (or enough to cover the pears)
- 1 cup dry red table wine, such as a Shiraz or Cabernet Sauvignon
- 1 cinnamon stick
- 1 teaspoon pure vanilla extract
- 1/4 cup raspberry preserves
- Zest from 1 lemon
- 6 medium Bartlett pears
- Freshly grated nutmeg
- 1/2 cup coarsely chopped Brazil nuts

Combine all of the above ingredients, except the pears, nutmeg, and nuts, in a large saucepan coated with DuPont™ Teflon® non-stick coating. Bring the liquid to a boil and cook over medium heat for 15 minutes.

Meanwhile, peel the pears, leaving the stem intact. Reduce the heat to a simmer. Add the pears to the pan and cover. Poach the pears for 15 minutes or until tender. Remove the pan from the heat and let the pears cool in the liquid, about 40 minutes.

Serve warm or chilled with a little extra liquid, and dust freshly grated nutmeg over the top. Finish with a sprinkling of nuts.

Important Cooking Safety Tips

Preparing Delicious Meals Starts with Safe Cooking.

Following a few simple safe-cooking guidelines can help keep the kitchen safe and enhance your cooking experience. For example, knowing how to properly heat your cookware and work around a stove-top will help you prepare meals in less time, with better-tasting results. Use the guidelines below as you prepare everyday meals, for a more carefree cooking experience and a safer cooking environment for your family.

Stay in the kitchen: Never leave any heated cookware unattended.

- Unattended cooking is the number one contributor to cooking fires – the leading cause of fires in homes across America.

Keep air flowing: Turn on the exhaust fan or open a window before cooking.

- It is important to make sure that your kitchen is properly ventilated.
- If accidentally overheated, non-stick cookware can emit irritating fumes, as can any type of cookware preheated with cooking oil, fats, margarine, or butter.

Watch the temperature: Don't let your pans get too hot.

- Temperatures can rise very quickly in an empty pan left on high heat. High temperatures can lead to intense spattering when food is added, which can be a burn hazard. Any food placed into an overheated pan will burn.
- Avoid preheating empty cookware on high heat. Medium heat is sufficient.

Heat it with care: Learn how to tell when your pan is properly preheated.

- If you are preheating a pan without oil or grease, flick a few drops of water onto the pan. Once the water droplets begin to sizzle and dance in the pan, it is sufficiently preheated.
- If the pan has a small quantity of oil or fat in it, place a small crouton or piece of onion in the pan. When the food is browning on the edges, the pan is ready for cooking.
- Never flick water into hot oil – it will spatter and be a burn hazard!

Be prepared: Always keep a pot-holder, oven mitt, and lid handy.

- If a small fire starts in a pan on the stove, turn off the burner, put on an oven mitt, and smother the flames by carefully sliding the lid over the pan.
- Don't pour water on a grease fire, and don't discharge a fire extinguisher into a pan fire, as it can spray or shoot burning grease around the kitchen, actually spreading the fire.
- If you are at all concerned about your safety, call 911.

Play matchmaker: Use a stove burner that matches the size of the pan bottom.

- Use cookware over a burner of a corresponding diameter size.
- With gas cooktops, the gas flame should never extend up the sides of a pan; this will cause overheating and can cause the handles to overheat as well.

Handle with care: Turn pot handles inward to prevent dangerous spills.

- If pot handles are hanging over the edge of the cooktop, they can be knocked, snagged, or pulled off the stove.
- Position handles away from other burners or other heat sources to keep them from getting hot.

Roll up your sleeves: Don't wear loose-fitting clothing. Keep flammable items, such as rags, pot-holders, and curtains away from cooking surfaces.

- It is best to avoid storing items behind or over the stove so no one needs to lean over the range to get anything.

Don't get steamed: Remove a hot lid by lifting it away from you.

- Direct contact with rising steam can be hazardous.

Keep it clean: Wash cooking surfaces to remove grease and prevent fires.

- It is important to prevent grease buildup on the stove-top or in the range hood.

Watch for feathered friends: Keep your pet bird out of the kitchen while cooking.

- Cooking fumes from unattended or overheated cookware can damage a bird's lungs with alarming speed. This is why you should always move your pet bird out of the kitchen before cooking.

Keep it healthy: Use non-stick cookware for safe, healthy cooking.

- Non-stick cookware requires less fat for cooking and reduces dangers in the kitchen.
- The American Heart Association recommends using non-stick cookware as a great way to "create a healthier diet without losing out on flavor."

These Important cooking safety tips are brought to you by DuPont™ Teflon® non-stick coating.